



AGE CONCERN TARANAKI
What's On
OCTOBER 2024
New Plymouth – Bell Block

AQUA WALKING: Tuesday 1ST, 8TH, 15TH, 22ND October 10am – 11 am

Due to the Methanex Aquatic Centre being closed for maintenance, an alternative group get-together has been arranged for the above dates. Please contact Pauline for further details. Aqua Exercise returns on Tuesday 29th October 2024 at the completion of the 4 week shutdown.

INTERNATIONAL DAY OF OLDER PERSON 2024

“To the amazing older people in our lives, your presence enriches us in countless ways. Today we celebrate and honour you”

He Manaakitanga Kaumatua Aotearoa.

Age Concern Taranaki, North and South Taranaki members and friends will be celebrating together at Pioneer Village Stratford on Wednesday 2nd October from 11.15 am Cost \$33 which is payable to our Office prior to the event. It will be a great day to share together.

Ph 06 759 9196 Robyn, Pauline or Bex to express your interest and secure your spot.

WARM UP WEDNESDAY: 9th and 23rd October 9.30 am - 11.30 am held at 33 Liardet St NP

Warm up with hot soup and toast, movement and music. Keep warm and well this winter. Winter Wellness, Music and More. Gold coin donation appreciated.

DROP IN CAFÉ /SOCIAL MORNINGS: Thursday 3rd, 10th, 17th, 24th 31st October 9.30 - 11.30 am held at 33 Liardet St New Plymouth

Socialise, connect, make friends and have fun over a delicious morning tea. We have Guest Speakers and great fun.

Contact: Pauline Julian - Age Connect Service Coordinator North Taranaki

Office Hours: 9.30 am - 1.30 pm Mon - Fri 06 7599196